



Certified Groceries and Cria y Pesca offer an informative, healthy weekend

The Certified Groceries Mega Mall, in conjunction with the Department of Agriculture at Santa Rosa, and the newly established Xavier University School of Medicine is offering a three-day weekend of informative activities devoted to promoting good health. In observance of “Health Month,” different events will take place over this Friday, Saturday, and Sunday, that should interest all members of the community, children and adults alike.

Beginning on Friday at the Certified Mega mall, shoppers will find an assortment of healthy dishes available for tasting, many of them prepared by the members of Brahma Kumaris World Spiritual University. Sister Nandi, representing the group at a press conference on Monday, explained that the dishes they will prepare shall demonstrate that vegetarianism can be not only “healthy but tasty. In addition, what is most important, the feeling of the person that is cooking. Vibrations are very important, and adds to the taste of the food. This is very important, if you very elevated in your thinking while you are cooking, the person that is eating is getting more benefit from what they are eating than the physical food. The spirituality infuses the food.”

Also on Friday, with the cooperation of the newly opened Xavier University School of Medicine on the Paardenbaistraat, there will be offered free blood pressure testing by the students and faculty. During the hours from 4 pm until 7 pm, everyone is welcome to have their pressure checked and to enjoy delicious, healthful cuisine, at a very reasonable price. Dr. Gil Apacible, Dean of the School, and President of the Student Body, Kevin Muñoz, were also present on Monday to explain this is only the beginning of a program by the school to offer free eye testing, cholesterol checks and other services to the Aruban community. Dr. Apacible expressed that “The University is very grateful for the warm welcome the school has received from the Aruban community, and are very concerned about being involved and serving this community.”

On Saturday morning, at Certified Grocery Mega Mall, employees of Santa Rosa will conduct a “Club di mata pa mucha,” to teach children about cultivating their own healthy fruits, vegetables, and herbs. It will take place in the hardware department, and inscription for children ages six to twelve takes place before hand by calling 741-3300 and asking for Ingrid Werleman. This activity is completely free, and the program will be held from 10 am to 12 pm.

This weekend of healthy living will end on Sunday, October 30, the official “Dia di Alemantacion” with an open house at the Santa Rosa farm. As explained by Patty Portier of Santa Rosa, this year’s theme is demonstrating the concept of the cultural mixing of native cuisines as affected by the influx of different ethnic groups. For an example, potatoes, which are not native to Holland, but come from the New World, have become a favorite part of the Dutch diet, and is usually associated with Dutch cuisine. All the public is welcome from 9 am to 3 pm, to enjoy the day and learn some fascinating food facts.

Ingrid Werleman, Public Relations for Certified explained that this is only one of many educational activities that they organize throughout the year, because “healthy living and a healthy life style is very important to the Aruban community. At Certified Mega Mall we care. We encourage parents to come with their children over the weekend and teach them from an early age about these things, as it is important to all of us.”

Luna di Salud' Certified Mega Mall ta tene un luna di actividadnan dedica na salud pa pueblo di Aruba.

Den cuadro di World Food Month Certified Mega Mall ta tene un luna di actividad pa pueblo di Aruba.

Den e actividadnan aki ta pone enfasis riba e aspecto preventivo, esta con pa biba pa tene nos curpa saludabel y asina evita malesa.

E actividadnan aki Certified ta hasi den cooperacion cu otro organisacion y boluntarionan cu ta mira e importancia di traha na un Aruba mas saludable. Nan ta:

- Exposicion 'Agricultura y e Dialogo Intercultural' den fruteria di Certified, hunto cu Santa Rosa. Aki ta duna informacion visual di con e fruta of berdura ta worde procesa y ta conbirti'e den un otro producto final. Por ehempel e tamarijn cu ta bira juice of e tapushi di maishi cu ta bira hariña di maishi chiquito.
- Un otro proyecto ta e 'Club di mata pa mucha', cu cooperacion di Santa Rosa. Cu e proyecto aki kier stimula muchanan di chiquito pa siña conoce nos yerba y mata di fruta y berdura local. Nan por siña con pa planta nan propio mata dor di stek of planta un simia. Y hasi mas cos creativo rond di e tema mata. Muchanan entre 6 pa 12 aña cu ta interesa pa bira miembro di e club aki por jama Ingrid Werleman, tel. 741-3300. E actividad aki ta gratis.
- Midimento di preshon den Certified, un proyecto pa comunidad di e studiantenan di Xavier University, school of medicine. E school di medicina aki ta situa den Paardenbaastraat 12. Esaki ta tuma lugar diabierna awor, dia 28 di oktober entre 4 or atardi pa 7 or anochi den e cafeteria di Certified. Esaki ta un proyecto di servicio na comunidad di e studiantenan. E actividad aki ta gratis y henter pueblo ta invita, grandi y chiquito.
- Durante e mesun ora aki, esta diabierna awor, dia 28 di oktober entre 4 or atardi pa 7 or anochi sister Nandi di e organisacion Brahma Kumaris lo tene un demonstracion di cuminda vegetariano den e cafeteria di Certified. Pa un prijs chiquito por purba con dushi por come cuminda vegetariano.

Un bida saludable ta cuminsa cu prevencion. Prevencion hopi bes ta cuminsa cu e cuminda cu nos ta come y e forma con nos ta cuida nos salud. Pesey Certified ta contento di por coopera hunto cu otro organisacionnan pa duna informacion balioso na nos pueblo. Como parti di e luna di salud ta trahando tambe riba charla y demostracionnan di matanan medicinal y workshop di cuminda saludable. Pronto lo anuncia e fechanan di e actividadnan aki.

Presente na e conferencia di prensa tabata Ingrid Werleman, pr di Certified, Patty Portier di Santa Rosa, Dr. Gil Apacible, dean di Xavier University, Kevin Muñoz, presidente di e asocacion di e studiantenan y su colega studiantenan y sister Nandi di Brahma Kumaris World Spiritual University